

James Tomarelli's Epilogue  
to Italian Edition of J.G. Bennett's book "Sex and Spiritual Development"

More than thirty-two years separate today from the day I first met John Bennett at Sherborne House where the talks in this book were given.

In 1974, along with one-hundred-and-twenty other men and women aged eighteen to seventy-four, some with spouse and children, I came to England to participate in a year-long training in methods of spiritual transformation. Known formally as The International Academy for Continuous Education and intimately as "Sherborne," Bennett's "Fourth Way School" flourished for five years in the late 1970s in the little village of Sherborne in Gloucestershire, England.

The 1970s were a time of continuing unrest and soul-searching for many who were disillusioned with the cultures of alienation, waste, and spiritual emptiness in which they lived. Many of us from North America were college students and professionals, more than a few, like myself, were over-educated "drop-outs" who found the economic hopes of the 1950s and the idealistic dreams of the 1960s quickly fading. We were looking for "something" and some of us found our way to Bennett who offered something from the fruits of his own search: methods of transformation he learned directly from G.I. Gurdjieff, P.D. Ouspensky, and other lesser-known spiritual teachers.

That day in October, speaking extemporaneously from the depths of his being, Mr. Bennett spoke to us of a journey "in the feelings, through new perceptions," a journey that we must "awaken in ourselves." Today Bennett's words remain relevant to the journey of awakening.

Perhaps dear reader you have found in this book an invitation to begin or continue such a journey. This invitation is to all who scent the possibility of something more real than the matrix of visible life. It is a sincere invitation to join the ever-expanding society of seekers who, in mutual service to self and others, wish to participate in the reciprocal maintenance of the ever-entwining network of life.

—James Tomarelli  
Firenze, October 2006

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Work with the ideas and practices put forth in this book continues in Italy through a group dedicated to further developing the ideas of GI Gurdjieff and JG Bennett under the direction of James Tomarelli, a student of JG Bennett. For information about this group and their activities in Italy, please contact [Michela Aveta](mailto:Michela Aveta) or visit <http://www.gurdjieffdance.com>.